























# November 2019

Sun	Monday	Tuesday	Wednesday	Thursday	Friday	Sat
	<p>Contact Info:  <b>Yellow : Cleveland Stroke Club. call: Geri 330-975-4320</b>  <a href="http://www.clevelandstrokeclub.org">www.clevelandstrokeclub.org</a>  <b>Green: Cleveland Hearing &amp; Speech Center, * call to RSVP: 216-231-8787. See the Website</b>  <a href="https://www.chsc.org/northeast-ohio-adults-communicating-together-neo-act">https://www.chsc.org/northeast-ohio-adults-communicating-together-neo-act</a></p>		<p>Contact Info,  <b>Blue: Dwyer Conklin, MT</b>  <b>Call or Text: 970/297-8506</b>  <b>Purple : Dr. Sharon Covey, OT</b>  <b>Call or Text: 330-907-1969</b>  <b>Gray: Break Out Fitness , Call Mike Karban 216-548-5383</b></p>		<p><b>1</b>  <b>Group Music &amp; Exercise</b>  <b>12:00-1:00 in Independence</b>  <b>Group Hand Exercise</b>  <b>12:00-1:00 in Solon</b>  <b>Break Out Fitness 3:30-7:00</b></p>	<p><b>2</b></p>
3	<p><b>4</b>   <b>Speak Easy 1:00- 3:00</b>  <b>Break Out Fitness 3:30-7:00</b></p>	<p><b>5</b>   <b>Writing Grp.</b>  <b>9:30-10:30</b>   <b>Book Club</b>  <b>10:30-Noon</b>  <b>BOF 3:30-7:00</b></p>	<p><b>6</b>   <b>Westlake Writing Grp. 9:30-10:30</b>   <b>Westlake Book Club 10:30-12:00</b>   <b>Westlake Com Group 1:00- 3:00</b>  <b>Break Out Fitness 3:30-7:00</b>   <b>Stroke Club Meeting at Select Specialty Hosp. 6:30-8:30</b></p>	<p><b>7</b>  <b>Break Out Fitness 3:30-7:00</b></p>	<p><b>8</b>  <b>Group Music &amp; Exercise</b>  <b>12:00-1:00 in Independence</b>  <b>Group Hand Exercise</b>  <b>12:00-1:00 in Solon</b>  <b>Break Out Fitness 3:30-7:00</b></p>	<p><b>9</b>  <b>Roger's Brew Day</b></p>
10	<p><b>11</b> <u>Veterans Day</u>   <b>Pet Visit 11:30-12:30</b>   <b>Speak Easy 1:00- 3:00</b>   <b>Caregiver Meet 1:30-3:00</b>   <b>Music Therapy 3:15- 4:15</b>  <b>Break Out Fitness 3:30-7:00</b></p>	<p><b>12</b> <u>Last Session</u>   <b>Writing Grp.</b>  <b>9:30-10:30</b>   <b>Book Club</b>  <b>10:30-Noon</b>  <b>BOF 3:30-7:00</b></p>	<p><b>13</b> <u>Last 9 week session today</u>   <b>Westlake Writing Grp. 9:30-10:30</b>   <b>Westlake Book Club 10:30-12:00</b>   <b>Westlake Com Group 1:00- 3:00</b>  <b>Break Out Fitness 3:30-7:00</b></p>	<p><b>14</b>  <b>Break Out Fitness 3:30-7:00</b></p>	<p><b>15</b>  <b>Group Music &amp; Exercise</b>  <b>12:00-1:00 in Independence</b>  <b>Group Hand Exercise</b>  <b>12:00-1:00 in Solon</b>  <b>Break Out Fitness 3:30-7:00</b></p>	<p><b>16</b></p>
17	<p><b>18</b>   <b>Speak Easy 1:00- 3:00</b>   <b>Music Therapy 3:15- 4:15</b>  <b>Break Out Fitness 3:30-7:00</b></p>	<p><b>19</b>  <b>BOF 3:30-7:00</b></p>	<p><b>20</b>   <b>Westlake Com Group 1:00- 3:00</b>  <b>Break Out Fitness 3:30-7:00</b>   <b>Stroke Club Meeting at Disciples Christian Church. Bingo at 5:30, Dinner at 6:30, Speaker at 7:30, Ends at 8:30.</b></p>	<p><b>21</b>  <b>Break Out Fitness 3:30-7:00</b></p>	<p><b>22</b>  <b>Group Music &amp; Exercise</b>  <b>12:00-1:00 in Independence</b>  <b>Group Hand Exercise</b>  <b>12:00-1:00 in Solon</b>  <b>Break Out Fitness 3:30-7:00</b></p>	<p><b>23</b></p>
24	<p><b>25</b>   <b>Speak Easy 1:00- 3:00</b>   <b>Music Therapy 3:15- 4:15</b>  <b>Break Out Fitness 3:30-7:00</b></p>	<p><b>26</b>  <b>BOF 3:30-7:00</b></p>	<p><b>27</b>  <b>Break Out Fitness 3:30-7:00</b></p>	<p><b>28</b>  <u>Thanksgiving Day</u></p>	<p><b>29</b>  <b>Group Music &amp; Exercise</b>  <b>12:00-1:00 in Independence</b>  <b>Group Hand Exercise</b>  <b>12:00-1:00 in Solon</b>  <b>Break Out Fitness 3:30-7:00</b></p>	<p><b>30</b></p>